

**Pork Tenderloin Maple Butter CP**

( PTMBCPverified )

Production Date: Friday, 4/17/2015

Production Shift: [all Meals]

**Times**

Prep Time:

Cooking Time:

**Temperatures**

Cooking Temp:

Internal Temp:

**Production Amount**

Yield: 1 22.3 oz batch

Portions: 5.575 4 oz portion

**Ingredients and Instructions**

(Key Name)

Butter	2 Tablespoon	( 8908 )
Maple Syrup	1/4 Cup	( NFMapSyrPt )
Pork Tenderloins Trimmed	1 Pound + 3 1/4 Ounce	( 1488 )
Sea Salt	0.25 Teaspoon	( 15929 )
Black Pepper	0.5 Teaspoon	( 33547 )
Water	1/2 Cup	( abc )

1. Preheat oven to 375 F degrees.
2. Heat the butter and 2 tablespoons of maple syrup over medium heat in an ovenproof pan.
3. Season the pork with the spices.
4. Brown the pork on all sides.
5. Place the pan in the oven, roast uncovered for 15-20 minutes (145 F degrees internal temperature).
6. Transfer the pork to a plate, cover with foil.
7. Add the water and remaining syrup to the pan, stir well.
8. Simmer the sauce until it has thickened slightly.
9. Slice the meat on a bias.
10. Drizzle the sauce over the meat.
11. Serve.

# Maple Butter Pork Tenderloin

## 4 oz portion

Nutrition Facts			
Serving Size 4 oz portion (115g)			
Serving Per Container1			
Amount Per Serving			
Calories 150		Calories from Fat 70	
% Daily Values*			
Total Fat 8g		12 %	
Saturated Fat 4g		19 %	
Trans Fat 0		%	
Polyunsaturated Fat 0.5g		%	
Monounsaturated Fat 2.5g		%	
Cholesterol 75mg		25 %	
Sodium 190mg		8 %	
Total Carbohydrate 0g		0 %	
Dietary Fiber 0g		0 %	
Sugars 0g		%	
Protein 20g		41 %	
Vitamin A 0%		●	Vitamin C 0%
Calcium 0%		●	Iron 0%
Vitamin E 0%		●	Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	●	Carbohydrates 4	● Protein 4

**INGREDIENTS:** Pork Tenderloins  
 (Ingredients: Fresh pork tenderloin ), Water,  
 Maple Syrup, Butter (Ingredients: Cream,  
 Salt), Sea Salt (Ingredients: Salt.), Black  
 Pepper (Ingredients: Black pepper.)

Contains: Dairy

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.

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